

Warren SENTINEL



**Check out
new Civilian
Pavilion**

*0-0-1-3 year
in review*

AFAF kick-off

Commentary



Hoops Shots

Air Force's 'central nerve'

Airman 1st Class Luvelle Pemberton
90th Space Wing Command Post

Ever wonder why an individual might prefer to be called an administrative assistant instead of a secretary?

This person might like to hear his or her job referred to by a special name probably because it makes him or her feel special. As for my job, instead of being upgraded from what we are, the "command post," we are often downgraded to the "coffee post." The reason is people don't know that we exist, don't understand what we do and don't truly appreciate our importance to the mission of the Air Force.

Being in the military, one of the first questions one might get asked when he or she arrives at a new base is about the job he or she is assigned to. My response is always stated, in a proud voice, "I work in the Command Post." In return for my answer, I usually got blank stares. Most people didn't even know a job like mine existed in the military, but we are here. We can often be found down in the basement of some building where we have the ability to see others but they can't see us. Security is a must in my job, so if someone doesn't need to be inside, he or she is not let inside. Any attempts by unauthorized visitors are taken very seriously and turned over to security forces, who are more than happy to show these visitors the way out if it becomes necessary.

Another reason that the command post is often misunderstood is because most people don't know what we do. To sum it all up, we are the ones responsible for ensuring that our higher headquarters, all of the group commanders on base and

anyone else who has a necessary "need to know," are kept informed on what is going on with the base. D.U.I.s, and vehicle accidents are a few examples of some notifications, but the list goes on and on. Still, some often tend to believe all we do is sit back, relax and watch television all day long, which brought the term "coffee post." I'll admit that sometimes my job can be very slow paced, but when it's time to work, we work. If we fail to give someone a notification that was vital to their mission, we can wind up failing everyone, and believe me, we will hear about it.

Sometimes it seems that we are not truly appreciated for the way that we contribute to the mission of the Air Force. The ones who use our services and know us well will rename us the "Central Nerve" of the Air Force. The reason is because we basically help to keep things flowing through correct and timely notifications to any and all agencies that need to know. We are always available whenever needed and will run circles to get our callers whatever they may need.

It can be easy for people to downgrade someone else's job when they don't know that their job exists, don't understand what they do or just don't appreciate the importance of their job. To these people I would suggest that they get to know about the jobs that they are trying to make fun of. Everyone likes to hear his or her job referred to as something special, but even if I don't hear it from someone else, I still know the importance of what I do and am very proud to say that I work in the "command post."

Last week I couldn't discuss the outcome of the **Nuclear Surety Inspection** because the results weren't known when I was drafting this column. Well, the report is written and it'll go down as one of the best ever. Congratulations to all who worked so hard in the toughest inspection in our business. Your proficiency and dedication impressed the inspectors just as it has always impressed us. You earned these accolades and I couldn't be prouder. Of course, we all know that this was phase one. The other shoe is about to drop with the **Combat Capability Assessment**. So, one down and one to go – stay focused and we'll do just as great in the next few weeks.

You had to know we were off to a great start when Col. Brad Ward, Air Force Space Command inspector general, commented that our **Mighty Defenders** at the main gate greeted him with great professionalism and enthusiasm setting the tone for their entire visit from minute one.

We're going to need that dedication at the gate and around the base as there's no rest for the weary around here. We started the most recent round of evaluations with two Hennessey teams followed by the NSI. This week, just prior to the CCA, comes the **Maj. Gen. Eugene L. Eubank** evaluation team. The Eubank celebrates the best services squadron. I'm excited that the **Mighty Ninety** is in the running against Malmstrom for the best in AFSPC in the small unit category. Our **Mighty Services Squadron** leads the command in creativity, efficiency and customer focus and I look forward to a great inspection and their announcement as winners of the Eubank Trophy.

There are several great programs out there to support our families and spouses. I'd like to highlight two from our partners in the **Air Force**

Association. The first is for **Space Camp Scholarships**. This program allows students to spend a week at the U.S. Space Camp in Huntsville, Ala. A total of 50 students will be selected and it might as well include one of ours. The other opportunity is the **2005 Spouse Scholarship** program. Applications are due no later than March 15. You can apply or get more information for either program at www.aef.org.

The command recently completed a review of legal services provided to our Airmen in 2004. The numbers are amazing and confirm what we always knew – that our **Mighty Legal Staff** does great things for our troops and their families. Of course, this is one of those benefits you don't think a lot about so let me highlight some of the numbers. Throughout AFSPC, legal offices helped more than 17,000 clients – the largest group served was active duty E-5 to E-9 and their families. They prepared more than 4,000 wills and 16,000 powers of attorney. Typically this would cost between \$250-400 per person equaling about \$8 million for AFSPC active duty members alone not counting retirees or dependents who can also get legal assistance. Another free legal office benefit is the Tax Assistance Program. Last year they helped on more than 8,500 federal and almost 5,000 state tax returns – free of charge!

Also free of charge was electronic filing accounting for more than 90 percent of federal and almost 60 percent of state returns. Without the tax assistance program and their volunteers our Airmen would have paid around \$1.5 million. These programs are yet another great example of the Air Force's commitment to supporting our people and their families and how we serve each other even as we serve the nation.

-- Col. Hoops

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On the cover...

Maggie Doss, 90th Medical Support Squadron, draws blood from Sam Anderson, 90th Missile Security Forces Squadron, Rivet Mile, at the clinic Wednesday.



Photo by Airman 1st Class Tessa Cubbon

THE CIVILIAN PAVILION

Matt Cox

Visual Information

For a society consumed with bucks, smackers, greenbacks and Benjamin's, it's the last one that seems relevant now.

Maybe it's because Monday was Presidents Day. Or maybe it's because I know what those words add up to. But either way, there's an interesting connection between United States paper currency and the men who adorn it.

Benjamin Franklin (\$100), although a great American statesman, never served as president of the United States. He did almost everything else, including harnessing electricity and signing the Constitution and Declaration of Independence, but he never ran the country.

This makes him – along with Alexander Hamilton (\$10), first U.S. Secretary of the Treasury – unique among the men whose portraits have been printed on American money since 1929.

The others all share a more common link: George Washington (\$1), Thomas Jefferson (\$2), Abraham Lincoln (\$5), Andrew Jackson (\$20), and Ulysses Grant (\$50) were all U.S. presidents.

Each one has personal achievements comparable to those of Franklin and Hamilton,

but it's their shared history as former heads of state that raise no suspicions as to why it's their faces on our bucks, smackers, greenbacks and Benjamin's.

So how then did Franklin, inventor, printer and aristocrat; and Hamilton, Revolutionary War soldier and member of the Constitutional Convention, manage to land their mugs on good old American cash?

According to the U.S. Bureau of Engraving and Printing Web site, there is no particular reason why Franklin is on the \$100 note or Hamilton on the \$10 note.

Not that the bureau, the division of the Treasury Department responsible for printing paper money, is harboring some secret information about why these aforementioned individuals' images were chosen to live on through history on our currency; it's much simpler than that.

The Web site states: "Portraits of the Presidents of the United States have a more permanent familiarity in the minds of the public than any others ... Treasury Department records do not reveal the reason that portraits of these particular statesman were chosen in preference ... to others of ... equal importance."

Exceptions were made for Franklin and Hamilton because of their obvious and impressive

stature in American history.

Salmon P. Chase, Civil War Treasury Secretary and champion of our national banking system, was featured on the \$10,000 note until it was taken out of circulation in 1946 – printing of the \$500, \$1,000 and \$5,000 notes were also stopped that year.

While thinking about how these stewards of American history have lived on our paper currency for more than 90 years, another question seems natural to ask: How long does a typical note last before it is completely worn out and unusable?

The Web site, with information provided from the Federal Reserve System, explains the average lifespan of U.S. paper currency.

The following shows lifespan directly correlates with the note's denomination:

- \$1 note – 22 months
- \$5 note – 16 months
- \$10 note – 18 months
- \$20 note – 2 years
- \$50 note – 5 years
- \$100 note – 8 years

No surprise, the \$5, \$10 and \$1 bills seem most popular in that order.

The artwork selected for the back of the bills also is no brain-buster.

The Web site explains that the U.S. Secretary of the Treasury

is responsible for choosing the aesthetically pleasing designs pictured on the front and back of U.S. currency.

Mandated by federal law, the national motto "In God We Trust" must be engraved on coins and printed on paper money. The motto first appeared on currency notes in 1963.

And what about that dollar sign "\$" we've all grown very fond of. Where did it come from?

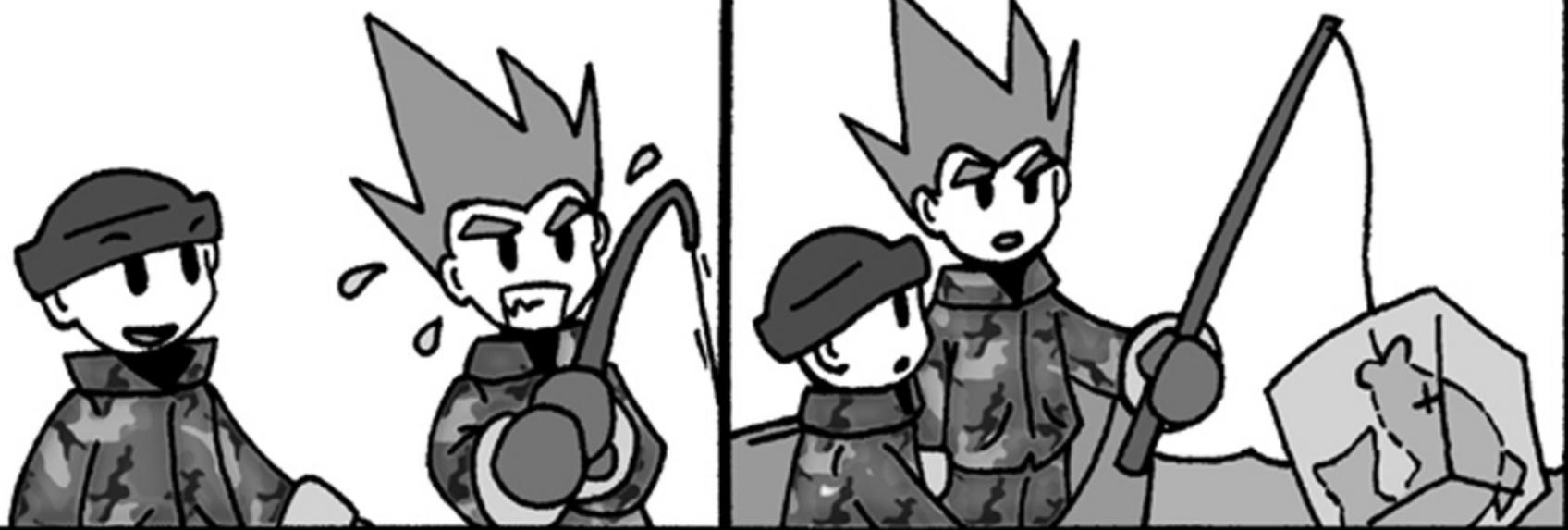
The Web site explains that the origin of "\$" sign has been "variously accounted for." It's most likely an evolution of the "P's" sign for Mexican or Spanish pesos. It goes on to detail one theory in which the "S" gradually "came to be written over the 'P' in early American culture. The result was the symbol closely resembling our current "\$" sign. It was authorized for use by Treasury Secretary Chase and adopted by the U.S. in 1785.

The size of our paper money is less arbitrary than the images on it.

Until 1929, paper money measured in at 7.42 inches by 3.13 inches. Since 1929, the notes have been printed at 6.14 inches by 2.61 inches. A reason solely based on reducing printing costs.

So next Presidents Day, don't be shy to "spend" a little time remembering our country's forefathers.

PEACE KEEPERS *By A1C Nathaniel Turner, 90MMXS and A1C Richard Oliver, 90MMXS*



Change comes quickly

New NSPS system to effect Warren civilians

Barbara Hall
90th Mission Support Squadron

At a command-wide civilian personnel officers' conference I attended a few months ago, there was much discussion concerning the new National Security Personnel System and the sweeping changes that will affect all civilian employees and their managers.

We discussed the issue, even though very little was known about the new system and to this date we still do not have all of the specifics.

I have known the NSPS was coming, but there have been so many delays I had pretty much put it

on the back burner of my mind. Reality struck me at the conference - these changes are coming and they are coming fast. I must admit this realization did make me feel rather anxious.

I have been working in the civilian personnel office at Warren for 23 years, and in my experience change is fairly common. The activation of new missile systems, the deactivation of those same systems, downsizing, upsizing, modernization, centralization, and my personal favorite, regionalization, have kept me from becoming bored with working in the same office for so many years. Change has been the only

FOR MORE INFORMATION REGARDING THE NATIONAL SECURITY PERSONNEL SYSTEM, VISIT THE NSPS WEB SITE WWW.CPMS.OSD.MIL/NSPS/

constant. I have had time to put things into perspective since the conference and I am optimistic that we will be able to work through these changes together. After all, we have done it so many times before.

The first changes associated with the new NSPS that civilian employees at Warren will see begin this July.

The first step includes changes in the labor relations agreement. Several

months later, the implementation of new rules and processes for pay and classification, performance management, hiring, reduction in force, disciplinary matters and appeal procedures will begin.

The changes for General Schedule employees at Warren are scheduled to be implemented in January 2006 during what DoD calls "Spiral 1.2" of NSPS. The proposed regulations to establish the NSPS were published in the Fed-

eral Register Feb. 14

Wing leadership and the civilian personnel office are committed to keeping our workforce informed during every step of this process.

I encourage employees as well as interested parties to visit the NSPS web site at www.cpms.osd.mil/nsps to view and comment on the proposed regulations as well as for the most recent information and announcements regarding NSPS.

6 by 6

AFAF to kick off March 25

Senior Airman Tonnette Boyd
90th Civil Engineer Squadron

The 2005 Air Force Assistance Fund campaign kicks off at Warren March 25 and goes until May 5.

The base-wide goal this year is \$46,540, in an effort to top last year's successfully reached goal of \$44,360. It will factor into Space Command's goal of \$350,724, after reaching \$300,416 last year.

"We started the campaign late ... we were one of the last to start in Space Command and we did that on purpose because of the back-to-back inspections," said Major Andrew Hugg, 790th Missile Security Forces Squadron. "[With] that extra time there's no excuse for us not to have all our volunteers in ... if we're the last

"Airmen work hard for their money, whether it's during a sandy deployment or while holding down the fort here at home. We appreciate that fact, but still we feel this well-deserving cause is worth a moment of your time. Hopefully you will decide it merits a donation. Large or small, the money you give will help make sure this critical resource is there in case your family needs support."

Lt. Gen. Dan Leaf, Vice Commander, Air Force Space Command

ones to start we should be prepared."

Contributions will be directed to the Air Force Village Foundation (housing for retirees and widows,) the General and Mrs. Curtis LeMay Foundation (financial aid for retirees and widows,) the Air Force Enlisted Village (financial aid for widows of enlisted) and the

Air Force Aid Society (financial aid for active duty enduring hardship.) The AFAS in particular is notable for providing a kind of "safety net" for the very people contributing, should emergencies suddenly arise.

For example, when an Airman needed medical testing to determine compatibility for a

liver transplant to his mother, the AFAS paid his full travel expenses to UCLA Medical Center. In another instance, the organization assisted a widow with childcare expenses for her nine children after her spouse, a captain, died in a car accident.

"The category is pretty broad ... [AFA] is what comes back to active-duty people ... that's the one that's going to help your average Airman," Major Hugg said.

As the installation project officer, Major Hugg began recruiting people to serve as squadron representatives in late January. At the time of this writing, he is suffering a shortage of volunteers.

If interested in volunteering to serve as an AFAF representative, or for more information about AFAF, contact Major Hugg at 773-2286.

February is Children's Dental Health Month

Tips to care for your pearly whites

Dr. David Jackson
90th Medical Dental Operations Squadron

February has been designated National Children's Dental Health Month. This month, staff at the dental clinic will be visiting local elementary schools to give oral hygiene instructions, and teach kids about oral health care.

Among topics covered are correct brushing habits and

brushing techniques.

Below is some cavity Q&A:

Tooth decay (also referred to as "caries" or "cavities") is a disease that affects most people during their lifetime.

But unlike many other diseases, cavities are not life threatening and are preventable.

Here are some common questions and answers to help better understand tooth decay and ways to avoid it:

What causes tooth decay?

Tooth decay occurs from frequent exposure to foods containing carbohydrates,

starches and sugars such as sodas, candy, ice cream, milk, cakes and even fruits, vegetables and juices. Natural bacteria live in your mouth and form plaque, which interacts with deposits left on your teeth from sugary and starchy foods to produce acids. These acids damage tooth enamel over time by dissolving the mineral structure of teeth, producing tooth decay and weakening the teeth.

How are cavities prevented?

Simple saliva in your mouth acts as a buffer, but this natural defense is not enough to completely combat tooth decay. The best

way to prevent cavities on a daily basis is to brush and floss regularly, using toothpaste and dental floss with fluoride, a natural substance that helps remineralize the tooth structure. Fluoride is also added to many community water supplies and even some bottled and canned beverages.

Who is at risk for developing cavities?

Because we all carry bacteria in our mouths, everyone is at risk for developing cavities.

High-risk groups include children, senior citizens and anyone with a lot of fillings. If your diet is high in carbohydrates and sugary foods

or if you live in a community without fluoridated water, you may also be at a greater risk for tooth decay.

What can I do to protect my teeth?

The best way to prevent cavities is to follow three simple steps:

Reduce sweets and between-meal snacks.

Brush after every meal and floss daily with particular attention to hard-to-clean areas.

Visit your dentist at least every six months for check-ups and professional cleanings.

(Article compiled from the Academy of General Dentistry Web site.)

IT'S TAX TIME AGAIN AND THE TAX CLINIC IS OPEN FOR BUSINESS!

When: Now through April 15, Mondays-Fridays, 8:00 a.m. to 12:00 p.m. and 1 p.m. to 4:00 p.m. (By appointment only)

Where: Basement of Building 232 (Pass and ID building), look for the signs once you enter the building

Who: Active duty military and their dependents, reservists on Title 10 orders and their dependents, retirees and their dependents

Cost: There is no charge for this service

Contact: 773-5TAX (5829)

Briefs

BRAC Update

Base Realignment and Closure 2005 news, including the current timeline, speeches and Congressional testimony is available online at <http://www.defenselink.mil/brac/>.

The National Defense Authorization Act for Fiscal Year 2002 authorized the Department of Defense to pursue one BRAC round in 2005.

No installation closure or realignment list currently exists.

The official closure and realignment list will not be available until on or about May 16, 2005.

Red Dawg Reunion

The 12th Missile Squadron will be hosting the 2005 Red Dawg Reunion Wednesday to March 5.

All former members of the 12 MS are invited back to Great Falls and Malmstrom Air Force Base, Mont., for the event.

Activities will include an icebreaker, base and missile complex tours, and the reunion dinner featuring guest speaker Brig. Gen. Ronald J. Haeckel, 27th commander of the 12th Missile Squadron.

For more information and registration, contact 1st Lt Todd Young at (406) 761-2784 or via e-mail, todd.young@malmstrom.af.mil.

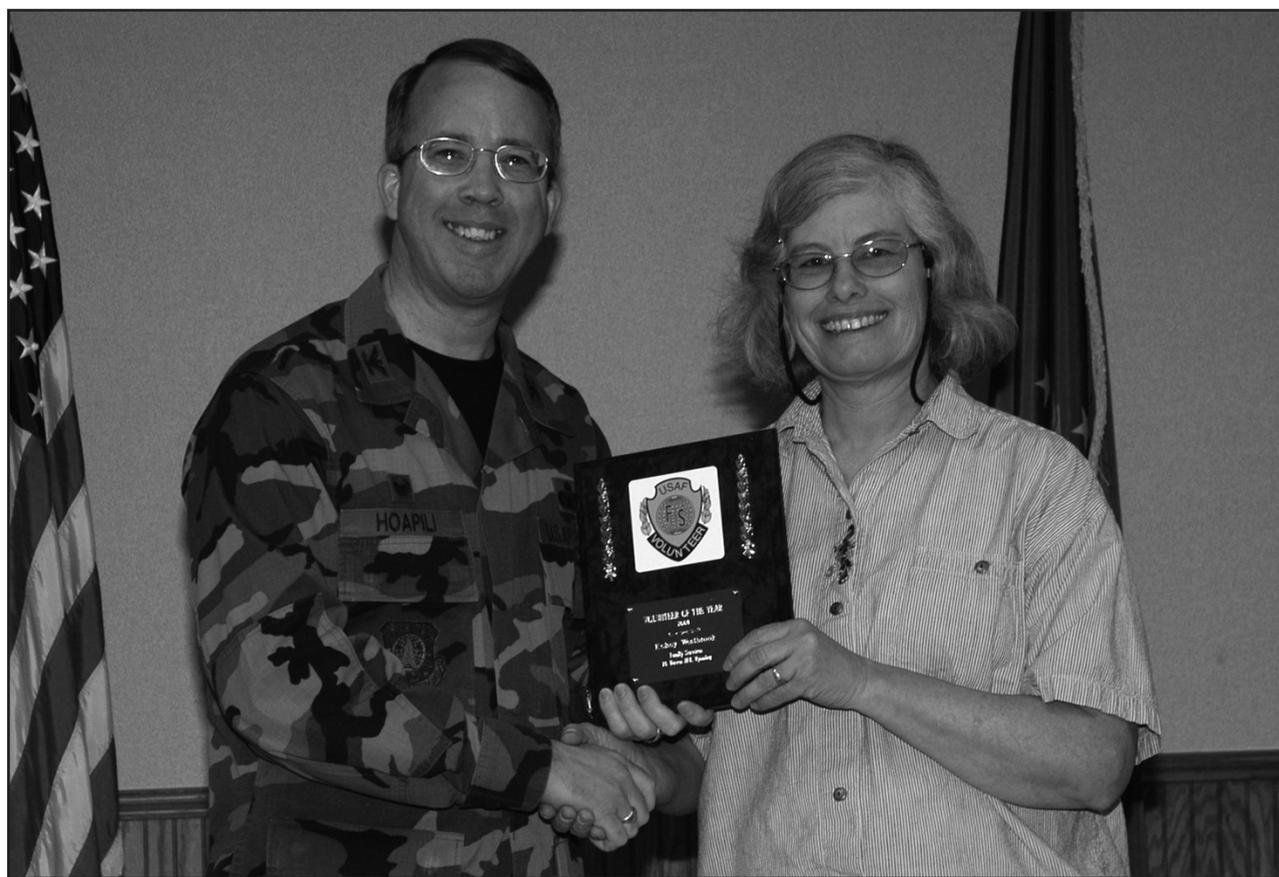
Up-to-date information can be found at the reunion Web site, www.reddawg.s4u.org.

Mobile home tax exemption

Active duty military personnel owning and living in transportable/mobile homes who do not claim Wyoming as their state of residency, must file an affidavit of non-residency with the Laramie County Assessor's office no later than March 1, in order to be tax exempt.

Transportable/mobile homes used as rental property do not qualify for tax-exempt status.

For additional information, call 633-4307.



Courtesy photo

CONGRATS TO FAMILY SERVICES VOLUNTEER OF THE YEAR

Col Hoapili recently presented the Family Services Volunteer of the Year award to Kelsey Westbrook. Kelsey has been a volunteer at the Airman's Attic for over seven years and has volunteered over 3000 hours. Congratulations to her for her dedication and hard work.

CONGRATULATIONS TO WARREN'S AIR FORCE SPACE COMMAND CHAPEL AWARD WINNERS

**2004 AFSPC OUTSTANDING CHAPLAIN ASSISTANT NCO
STAFF SGT. ERIC PAULEY**

**2004 AFSPC OUTSTANDING CHAPLAIN ASSISTANT AIRMAN
AIRMAN 1ST CLASS NOAH WELLS**

**2004 AFSPC OUTSTANDING CHAPLAIN SERVICE CIVILIAN
MRS. TAMMY UNRUH**



Construction Corner

Remove snow and ice from sidewalks and driveways within 12 hours after snowfall stops.

The use of rock and pellet type salt for ice removal can cause serious damage to concrete and vegetation and should not be used. It is recommended you use ice melt available at the self-help store as a substitute and only when absolutely necessary.

Do not use ice melt on brick porches or on your lawn.

If you have any questions, please call the housing management office at 773-1840.

Full Page ad

Full Page ad

Warren, Air Force mourn fallen firefighter

Article courtesy of Air Force Print News

Warren firefighters mourned the loss of Staff Sgt. Ray Rangel during a ceremony held Feb. 16 at the base fire station.

Sergeant Rangel lost his life attempting to rescue two people from a submerged vehicle in Iraq Feb. 13.

Even though he was stationed at Dyess Air Force Base, firefighters around the country mourned his loss by observing the ceremony of ringing the bell.

In firefighting, the ringing of the bell signified the beginning of the duty day and the call to emergency responses. When an emergency is complete, ringing the bell signifies that the fire is out.

Warren firefighters symbolically rung the bell three times, to honor the final resting of Sergeant Rangel.

Air Force firefighters worldwide also participated in a one-minute "final alarm" ceremony Feb. 16 hon-

oring Sergeant Ray Rangel.

Officials estimate that more than 3,900 active-duty firefighters, countless civilian firefighters and thousands of other servicemembers at Air Force installations around the world participated in the ceremony.

The final alarm, also referred to as "signal 5-5-5," is a long-held tradition in America. It started when red fire alarm boxes were found on city streets throughout the country. These made use of telegraph signals to call local dispatchers, who would in turn signal the appropriate fire station to respond to a fire.

The alarm signified the return to quarters. When a firefighter fell in the line of duty, the dispatcher would tap out the signal three times to notify all stations as a sign of honor and respect. For those who are honored in this way, the signal represents the end of his or her duties, and for comrades, the sounding of the alarm signals the firefighter's "coming home."



Photos by Master Sgt. Jeff Bohn

Senior Airman Heath Bichel, Warren firefighter, takes a moment of a silence for Staff Sgt. Ray Rangall during the memorial ceremony Feb. 16 at the base fire house.



6x5

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Full Page Ad

full page ad

Through generations

Warren colonel carries on family legacy

Article courtesy of Dolfe VanAlyne

They say the whole is more than the sum of its parts; when Lieutenant Colonel Robert Beardslee pins on colonel here today, it will be a proud celebration spanning five generations and almost 100 years of Warren history.

Colonel Beardslee's great-grandfather, Tandy P. Brown, left his Georgia home in March 1907. He was 17, and went to Chicago where he had to lie about his age to join the Army.

He was sent to Fort Crook, Neb. (now Offutt Air Force Base) and after two months of training, went by train to San Francisco. He was sent via troop transport across the ocean and served in the Philippines for two years.

In 1909, Sergeant Brown returned from the Philippines and served at Fort D.A. Russell in Battery F, 4th Field Artillery. In 1910, he reenlisted and was again stationed at Fort Russell. He traveled with General John J. "Black Jack" Pershing to San Antonio to help look for Poncho Villa.

In 1912, Sergeant Brown met and married

Grace Parker. In 1913, they had their first child, a girl named Vivian. At the time of Vivian's birth, they lived in the little "Cavalry Cottage" at 274 Blue Spruce Drive. There was one more girl, Anna, and a son, Tandy Jr., who passed away as a two-week-old baby. Because he had too many children, Tandy left the Army and remained in Cheyenne. He went to work for the railroad and retired in 1959 as a conductor with 43 years of service. Tandy and Grace had 14 more children who were raised and educated in Cheyenne.

Colonel Beardslee's grandfather, Frank C. Beardslee, enlisted in the Army on December 28, 1928 in Fort Sam Houston, Texas. He was stationed at Fort Bliss, Texas before he came to Fort Warren where he made Corporal on April 16, 1930 and was assigned to Headquarters Company First Infantry. He reenlisted on December 28, 1931 and received a \$75.00 bonus. He was discharged from the army on May 5, 1933 and married Vivian Brown on May 15, 1933.

Frank and Vivian's first son, Robert Beardslee (Colonel Beardslee's father), and his brother William joined the Air Force in January 1954. Robert served in Aircraft and Missile Maintenance and retired as a chief master sergeant on November 1, 1981.

Chief Beardslee was never stationed at Warren, however he was TDY here many times. He brought his wife with him on one occasion and they stayed in "Cavalry Cottage" at 274 Blue Spruce Drive. Chief Beardslee was surprised to later discover it was the place of his mother's birth.

Colonel Beardslee decided to join the Air Force after he saw other young men becoming boom opera-

tors and loadmasters.

"I went home and told my father," said Colonel Beardslee. "He threw a fit. He had worked and raised a family on a sergeant's salary."

Chief Beardslee convinced his son to go to college and become an officer. Colonel Beardslee has taken his father's advice to heart.

"He said, 'find that good senior non-commissioned officer and go learn from them,'" said Colonel Beardslee. "I like to think I did that. Chief Kovaleski is a prime example. It's the senior NCOs that make an organization run."

Colonel Beardslee will have his family, rich with military history, by his side when he pins on colonel today. Colonel Beardslee and his wife, Kim, have two sons who both have military ambitions.

"Being in the military has just come naturally," said Colonel Beardslee. "I wouldn't change a thing."



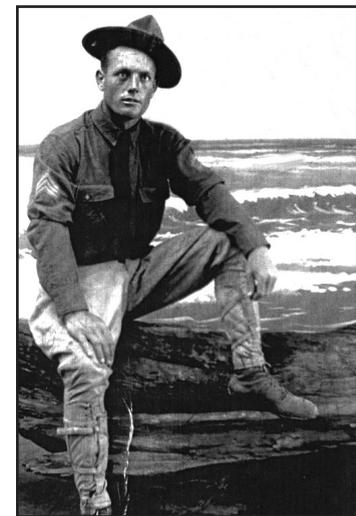
Courtesy photo

Chief Master Sgt. Robert Beardslee stands at attention during his retirement ceremony.



Courtesy photo

Col. Beardslee poses for a picture with his wife, Kim, during an event while he was a lieutenant.



Courtesy photo

Sergeant Tandy Brown poses for a photo while he was stationed at Fort D. A. Russell.

full page ad



Chinese Kempo Karate is taught at the Youth Activities Center under the umbrella of Universal Kempo Karate Schools Association by Instructor Chuck Thompson.

Kempo is a combination of self-defense and awareness of the vital areas of the human body. Kempo makes you physically fit by increasing your endurance, strength, muscle tone, and mental alertness.

Through Kempo, one develops self-esteem, a positive attitude, and confidence in being able to protect yourself, thus developing courage.

Kempo is a combination of both hard and soft styles of martial arts, utilizing hard techniques, such as kicking, punching, and blocking, as well as soft techniques such as judo and grappling.

Classes are taught each Tuesday and Thursday night. Class schedule is Pee Wee's (ages 5-7), 6:00 to 6:30 p.m., Juniors (ages 7 - 16), 6:30 - 7:30 p.m., and Adults, 7:30 to 8:30 PM.

For class fees and other information call the Youth Center at 773-2564.

Convenience: Parent/Child exercise area now open at Freedom Hall

Airman 1st Class Tessa Cubbon
Public Affairs

Warren recently opened a Parent/Child Area at Freedom Hall, and, according to patrons, it's a big hit.

Over 400 people have used the area since it's opening in January, said Tech. Sgt. Jacob Trujillo, 90th Services Squadron.

"There has been nothing but positive comments by patrons," he said.

"I love it. The kids always ask to come," said Joanna Easton, Warren spouse.

Before the Parent/Child area opened, Mrs. Easton would go to the 24-hour gym at 9:00 or

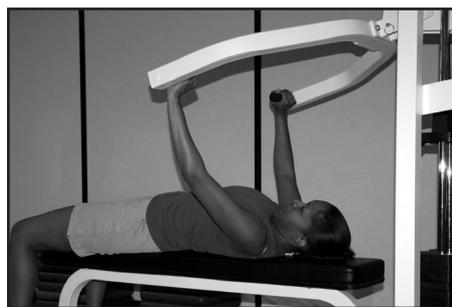


Photo by Airman 1st Class Tessa Cubbon

Mrs. Tonika Moore, Warren spouse, uses a weight machine while her son plays Tuesday at the Parent/Child area at Freedom Hall.

10:00 p.m.

Now that the new Parent/Child center opened in Freedom Hall, she no longer needs to make those late-night visits to the gym.

The enclosed children's area

is chock full of brightly colored mats, toys, blocks, padded walls and laughing children. It also has a TV with a VCR, DVD player and cable programmed only for family channels.

Exercise equipment provided for parents includes a treadmill, cross trainer, recumbent bike, stepper, climber, various weight machines and mats.

Busy parents can use this exercise equipment located in the Parent/Child Area, so they can keep an eye on the little ones while getting a good work out on Freedom Hall's quality fitness equipment.

"It's really convenient," said Mrs. Tonika Moore, Warren spouse.

There is a catch though, if a child is in the play area, their parent/guardian must be in the room as well. This is one of the rules parents agree to when they sign in to use the room.

This project, which was started in November and finished early January, was created using ATWIND funds and is open during the hours Freedom Hall is open.

Hours are Mondays through Fridays, 5 a.m. to 10 p.m. and Saturdays, Sundays and holidays, 9 a.m. to 5 p.m.

For more information on the new Parent/Child Area at Freedom Hall, call Freedom Hall at 773-6172.



Photo by Airman 1st Class Tessa Cubbon

Mrs. Tonika Moore, Warren spouse, takes a time-out from her exercise regimen to play with her son Isiah Tuesday at the Parent/Child exercise area of Freedom Hall.

Youth bowling high bowlers

Little Pee Wees - Ages 3-4	
Alqualios Hammond II	82 game
William Geelan	103 game
PeeWees - Ages 4-6	
Michael Smith	92 game
Nicholas Smith	67 game
Bantam-Preps - Ages 7-11	
Mark Broyles	489 high series handicap
Kylie Bond	539 high series handicap
Cameron Maloney	213 high game handicap
Samantha Marshall	174 high game handicap
Junior-Majors - Ages 12 -21	
Jason Price	684 high series handicap
Kristin Hereford	623 high series handicap
Philip Ammer	249 high game handicap
Sabrina Sawicki	223 high game handicap

For more information or to sign your child up for youth bowling, call Agnes Colvin at 773-5172.

Youth baseball registration

Ages: 7 - 12

When: Registration period is now through March 18

Where: Youth Center 1755 Piute Dr

Cost: \$50.00 (Uniforms and most equipment is provided)

Practices: Begins 1st week in April (Weather permitting)

Season Starts: 2nd week in May

All Warren teams are combined with other teams from the community to form the Cheyenne Jr. League. Games are played on base as well as the Cheyenne Jr. League Complex located on the corner of Converse and Dell Range. For more information visit www.cjlbbaseball.com.

Coaches are needed for all age groups. No experience required.

COMING SOON !!

Tee ball Registration for kids 5 & 6 starts Monday, March 7.

Cost: \$40 per child. Price includes uniform and awards.

Women change America

Women's History Month Chairperson leads by example

In the middle of organizing a month honoring women, 2nd Lt. Sheila Brown, 90th Space Wing manpower analyst and Warren's Women's History Month chairwoman, sat down with Airman 1st Class Tessa Cubbon to discuss heroes and the most influential women in history.

What made you decide to organize Women's History Month?

I was asked if I wanted to do it. It's near and dear to my heart because I'm a sociology major. It's not something I'd shy away from.

Is it your first time?

Yes, it is.

What exactly do you do for Women's History Month?

I'm the chairperson of the committee. I'm in charge of organizing events. We've got a lot of events. We want to bring Women's History Month to the public. Women's history is important in changing America.

What events can we look forward to?

We've got the March 24 luncheon, a Dorm Escape where all Airmen are invited to watch a movie and story time at the base library. We'll be reading about Ester Morris, the woman who invented the paper bag, and the committee is organizing a brown bag lunch at the museum. Paula Taylor (the museum director), will be speaking. We're also holding a fun run in conjunction with the Saint Patrick's Day run, and lots of educational articles in the Sentinel and posters all around base.

How can people get involved with Women's History Month?

They can contact me at 773-4819. We would love to have

more volunteers.

In your opinion, who's the most influential woman of our time?

Hillary Clinton in terms of all the things she's done for women. Whether or not you like her politics, some say she has the best chance of being elected the first woman President.

In all recorded history, what woman do you feel was the most influential?

That's a hard question ... I'd have to say Mother Theresa. What she did with poverty goes across all cultures, religions and class boundaries.

What do you think about Women's History Month?

I think it's great. There are all these observances to different ethnic groups. For so long, women have not been given the recognition they deserve. [Women's History Month] is about celebrating women from all ethnic groups. I'm not doing it alone.

What's your life's motto?

You can try to cushion the world, or you can put on leather shoes.

What's the biggest honor you've ever had?

One of my most proud moments was being the first person in my family, mother and father's sides, to graduate college. My entire family was there, and my former commander drove hundreds of miles to attend. Even my [then] 6-month-old son was there cheering me on.

When you were a kid, what did you want to be when you grew up?

A doctor. I wanted to deliver babies.

Who's your hero?



Photo by Airman 1st Class Tessa Cubbon

Second Lt. Sheila Brown hangs up a poster in commemoration of Women's History Month.

My husband, because he believed in me when I didn't believe in myself. He inspires me and thinks I'm the greatest; I think he's the greatest.

What's the best part about being in the Air Force?

It's stability. I'm able to be with my family and not worry about the types of things people in the civilian world worry about. Some people I graduated with still don't have jobs.

You're a manpower analyst, right? What exactly does that

mean?

We determine requirements for work centers. Well, that's what we're most recognized for. We also do consultation work for process improvements. If you feel your work center needs more people, we can look at your process and improve upon it; you may not need more people, just an improvement in your process.

What's your favorite part about your job?

It's very autonomous. I get to set my own pace; it's very flexible.

This page is reserved for outstanding Warren members who wouldn't normally get the recognition they deserve.

Full Page Ad

Full Page Ad

Full Page Ad

Spring egg hunt

Children can enjoy the annual base egg hunt that will be held at 10 a.m. March 19 at the youth center. Families are invited to stay following the hunt to visit the Easter Bunny and win door prizes. This event is sponsored in part by Warren Federal Credit Union.

For more information, call the youth center at 773-2564.

Xtreme bowling

Xtreme bowling is an exciting way to spend Friday and Saturday nights. Xtreme's rockin' music, laser lights, smoke machines, glow-in-the-dark shoes, pins and balls all set the stage for good clean family fun.

The cost is \$7.50 per lane/per hour.

CFD Tickets

Cheyenne Frontier

Days tickets are now on sale for night shows and all rodeo performances.

For more information, call outdoor recreation at 773-2988.

Softball coaches wanted

The athletic director of the 90th Services Squadron is seeking applicants for the coaching positions of the men's and women's varsity softball teams.

Those interested in applying need to submit a resume no later than today. Applicants must drop off resumes at Freedom Hall, attention Mr. Koval.

For more information, call Tech. Sgt. Trujillo at 773-2304.

Sundays are Family Days at Chadwell Dining Facility

Chadwell Dining Facility hosts Family Day every Sunday from noon

to 1 p.m.

All active duty members may bring their family members with military ID cards to dine.

The family of deployed servicemembers are also welcome.

Call 773-3838 for more information.

Ladies night out

It's Ladies Night Out when outdoor recreation takes a trip to Greeley, Colo., for the Broadway musical comedy smash hit about six good buddies whose desperate plan to get their lives back together requires them to triumph over their fears, their nerves ... and their clothes.

See "The Full Monty" at the Union Colony Civic Center March 12 at 8 p.m. The cost is \$35 and includes ticket, drinks, hors d'oeuvres and transportation.

Call ODR at 773-2988

for more information.

Kempo classes

Warren's youth center is now offering Kempo classes. Classes are held on Tuesdays and Thursdays.

Classes for ages 4 to 7 are from 6 to 6:30 p.m.

Classes for ages 6 to 16 are held from 6:30 to 7:30 p.m.

Classes for ages 17 and up are held 7:45 to 8:45 p.m.

Monthly fees are \$30 for one student, \$45 for two students or \$55 for three students. Pee-wee kempo classes (ages 4 to 7) cost \$15 per student.

For more information, call the youth center at 773-2564.

Parent and child exercise area now open in Freedom Hall

The exercise room is now open so parents may exercise while watching their children in the

children's play area.

It is equipped with a treadmill, cross trainer, recumbent bike, stepper, climber, weight machines and mats.

The children's area has a TV, VCR, DVD player and children's toys. Parents are asked to sign up at the front desk and respect all rules of use.

The exercise room is open in conjunction with Freedom Hall hours.

Hours are Mondays through Fridays, 5 a.m. to 10 p.m. and Saturdays, Sundays and holidays, 9 a.m. to 5 p.m.

Sign your child up for Warren Waves swim team

The youth swim team is seeking more members ages 17 and younger. They meet Mondays to Fridays, 4:30 to 5:30 p.m. For more information, call the aquatic center at 773-3195.

6 by 6



Air Force Aid Society

What did they do in 2004?

The Air Force Aid Society, Inc. is the official charity of the United States Air Force. Its three-pronged charter promotes the Air Force mission by providing worldwide emergency assistance to members and their families, sponsoring educational assistance programs, and offering a variety of base community enhancement programs that impact member/family welfare.

In 2004, total direct assistance to Air Force members and families totaled \$21.3M -- over 30,000 people helped!

Emergency Assistance = \$11.3M

- **\$10.4M interest-free loans**
- **\$872K grants**
- **13,401 cases**

Vehicle Expenses
Emergency Travel
Basic Living
Funeral Expenses
Medical/Dental
Child Care/Respite
Moving Expenses
Miscellaneous

Education Programs = \$7.4M

- **\$5.6M education grants**
4,000 grants awarded
\$1,500 grants for children and spouses to assist with college costs.
- **\$1.8M spouse tuition assistance**
Over 3,000 spouses assisted
Up to \$1,500 per year in tuition assistance for spouses overseas.

Community Enhancement Programs = \$2.6M

- **Give Parents a Break** - \$486K for stress-relieving child care.
- **Child Care for PCS** - Families on PCS orders received over 87,000 hours of child care, totaling \$436K.
- **Child Care for Volunteers** - \$185K for child care to support base community volunteers.
- **Bundles for Babies** - \$227K for bundles of baby gifts to new and expectant parents.
- **Wellness** - Nearly \$54K in enhancements to Advocacy's First Time Parents program.
- **Phone Home** - \$624K in \$20 value phone cards purchased for members deployed 30 days or more. Over 83,000 people actually received AFAS phone cards or VFW phone cards distributed by AFAS in 2004.
- **Car Care Because We Care** - Over 5,000 preventive vehicle maintenance inspections performed, totaling \$148K.
- **Youth Employment Skills (YES)** - \$193K disbursed in education and base community dollar credits for high school students who volunteer on base.
- **Local Education Programs** - \$136K for short-term job training for spouses.
- **Spouse Orientation** - \$66K to help support base Heart Link programs.

Your generous support during the annual Air Force Assistance Fund (AFAF) drive makes these programs possible!

Then and now ... a 63-year tradition of taking care of our own.

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EXTRA!**

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